**PSA 2 Area Agency on Aging**

**Virtual Advisory Council Meeting**

Friday, September 30, 2022

10:00 AM

**MINUTES**

1. **Call to order and Flag Salute**

Meeting called to order at 10:00 AM.

1. **Roll Call (Establishment of a quorum)**

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| --- | --- |
| Teri Gabriel | PSA2 Present |
| Tina Kennemore | Lassen Present |
| Vacant | Lassen ---------- |
| Vacant | Lassen ---------- |
| Vacant | Lassen ---------- |
| Clinton Davis  Debbie Mason | Modoc Present  Modoc Present |
| Tiffany Gwinn | Modoc Present |
| Vacant | Modoc ----------- |
| Frances Cole-Boyd | Shasta Present |
| Maggie McNamara | Shasta Present |
| Nancy Quirus  Staci Wadley | Shasta Present  Shasta Present |
| Heather Solus | Siskiyou Present |
| John Dell’Amico | Siskiyou Present |
| Lydia Gil | Siskiyou Present |
| Vacant | Siskiyou ---------- |
| Michael Cottone  Melanie Miller | Trinity Present  Trinity Present |
| Benjamin Sarkisian | Trinity Excused |
| Vonnie Westbrook | Trinity Excused |

Quorum Established.

1. **Introduction of guests**

Pam Smith-Jimison, Program Manager - PSA2 HICAP

Jerry Kirouac, Program Manager – PSA2 Ombudsman

1. **Approval of Agenda (Changes, additions or deletions)**

M/ Frances Cole-Boyd

S/ Tiffany Gwinn

Approved.

1. **Approval of Advisory Council Virtual Meeting Minutes – August 26, 2022**

Frances – Under G. Reports > Older Adult Policy Council does not attend every city council meeting, but did attend one.

M/ Frances Cole-Boyd

S/ Staci Wadley

Approved.

1. **Open Session / Announcements**

(Opportunity to hear comments from the community and for announcements)

Frances – American Association of University Women (AAUW) has a new group working on women’s issues and will be hosting a meeting tomorrow with other women’s groups in Shasta County. I will be advocating to ensure that older adult issues are included.

Lydia – We are experiencing dry wells in Tulelake and Siskiyou County. This is going on throughout the state. California has no remedy for the problem. We have a water service that comes from Oregon to fill above-ground tanks. $200 for potable water delivery. Keeping receipts in case there are any way to deduct costs. Contacted representatives and supervisors. Brian Dahle is running for governor. Tulelake Irrigation District did supply above-ground tanks. Thanks to Megan Dahle for making this happen. Staci – I can share some information about potential funding source. Lydia – The cost of drilling a well deeper can be up to $47k.

Pam Smith-Jimison – Medicare annual enrollment period to review your Medicare drug plan. Information is usually released on October 1st, but we received it this morning. Some counties have been wanting a Medicare Advantage Plan. October 15th – December 7th is the window to review plans and enroll. There will be 26 standalone drug plans. The newest is the Medicare Advantage. We have tried to educate people because there is a lot of aggressive advertising on plans. When a beneficiary enrolls, but has not checked with their providers, they may find that their provider does not accept it and they will be stuck in that plan for a year and will have to pay out of pocket. Beneficiaries should be sure to check with providers before changing their plan so that they ensure that their plan is accepted by providers and they do not get stuck in that plan for the year and incur unexpected out-of-pocket costs. Lassen has a PPO plan. Modoc has four plans, one of which is a Medicare Advantage Plan (HMO) with no prescription drug plan included, and three that are Medicare Advantage with a drug plan (HMO). In Shasta, there are seven plans, one of which does not cover medications. Siskiyou has four plans, one of which does not cover medications. Teri – Can changes be made mid-year? Pam – If someone enrolls in Medicare Advantage, they only have two months to see if it works. January 1st – March 31st, they can disenroll. After March 31st, they are stuck in that plan, unless they are dual eligible (Medicare/Medi-Cal) or in the extra help program, in which case they can switch plans once every quarter. Nancy – Are there HICAP representatives in each of the five counties? Pam – We have four counselors in the Redding office, and one in Modoc. We have two in Siskiyou County. We have no counselors in Lassen or Trinity. We have a volunteer in Trinity who counsels from home.

**G. Reports:**

**Chairman’s Report** – Nancy Quirus, Chairman

* Update on Advisory Council Activities

I met with the Executive Board this month and provided a report.

* Advisory Council Membership Report

Teri Gabriel - Three vacancies in Lassen, one in Modoc. We have an application in Siskiyou that is going to the Board of Supervisors. Trinity has no vacancies. We conducted the orientation for Benjamin this week, and will schedule orientations for Vonnie Westbrook and Melanie Miller. We will also schedule and orientation for Tiffany in Modoc.

**TACC Report** – Frances Cole-Boyd, Vice Chairman

* Update on Recent TACC Activities

TACC stands for the Triple A Council of California. Karol Swartzlander is willing to speak at one of our meetings about TACC. I attended the September 6th TACC meeting via Zoom. They spoke about the Aging and Disability Resource Connection (ADRC). They are working on getting more information about ADRC being consumer-driven, more efficient, and better outcomes. They want more of a one-stop brick-and-mortar solution, which doesn’t always work in our counties. They also mentioned connecting virtually, which also doesn’t always work in our communities. A lot of people don’t understand California between Sacramento and the Oregon border.

There was another presentation on Medi-Cal expanding. We already have Partnership in Shasta County, but our neighboring counties, Butte Tehama, Plumas, Glenn will be getting Partnership in their counties. Medi-Cal asset limits increased to $140k per year. They are doing a big outreach to get people to apply for Medi-Cal again and will reach out to people to let them know they can enroll in Medi-Cal managed care. They are calling people by phone, but we have told people not to answer the phone is you don’t know who it is. Some bad people may try to take advantage of this. Teri – California Department of Aging is working on having statewide ADRC as part of a No Wrong Door approach. ADRC is forming a relationship between the Area Agencies on Aging and the Independent Living Centers (ILC) to strengthen the partnership between ageing and disability services. This will take longer in the rural areas. The ILC that covers PSA2 also covers PSA3 and part of PSA4 and are based in the Chico area. There is funding available from California Department of Aging to support development of formal agreements, but this funding was taken from existing ADRCs, which was a bad situation. We are waiting to hear when more funding will be available to develop an ADRC in the PSA2 region. Frances – The extended partners include 211, APS, Medi-Cal offices, HICAP, IHSS, VA Hospitals, Home Health, Ombudsman, SNFs, etc. with a focus on person-centered and culturally-competent care.

Nancy – The next TACC meeting will be virtual on Tuesday, December 6th from 1:00 - 4:00PM. Teri will provide meeting information to the group. Frances and Nancy are voting members, but other PSA2 Advisory Council members can attend as guests.

**California Senior Legislature Report** – Rose Gandy, CSL Assemblyperson

* Update on CSL Activity

Teri – Legislative bills are included in the packet. These are the areas that the CSL are working toward. Looking forward to Rose’s presentation on CSL legislative priorities. Rose – We are going to be sworn in on October 25th. I missed the last meeting because I was out of town. Right now, I don’t have anything to report. There is a list of legislation. I am reviewing those bills. One piece of legislation is related to Parkinson’s Disease. There are a lot of people in the San Joaquin Valley who have Parkinson’s, and this may be caused by pesticides. Teri – AB 2511 - Skilled Nursing Facilities would be required to have back-up power supply. Oral Health Care in Skilled Nursing Facilities is also on the list.

**Nutrition Report** – Nancy Quirus, Chairman & Lydia Gill

* Update on CalFresh Healthy Living Program

The White House Conference on Hunger, Nutrition, and Health was held two days ago. The underlying news that broke at the conference is that there has been a groundswell of response to the call to action by the current administration to look at the fact that so many Americans are suffering from food insecurity and diet-related diseases such as diabetes, obesity, and high blood pressure. The conference brought together 400 private and public sector people who are making a commitment to help wot hunger, nutrition, diet-related diseases. They announced commitments for over $8 Billion dollars from community partners across the United States and territories, including AARP – researching the current enrollment rate of seniors in the food assistance program and trying to define the characteristics of the non-participating seniors – those who are eligible but not in the program. 2) University of California system has taken on the goal of reducing the proportion of food insecure students on their campuses statewide and cutting that in half by maximizing enrollment in CalFresh by students and working with those who do not qualify by providing food from on-campus food banks. 3) Walgreens – Between now and 2030, Walgreens will be increasing the selection of fresh food in their store by 20% to provide a greater variety of produce and highlight more healthy ingredients. There are over 450 agencies working on these efforts to reduce hunger, food insecurity, and diet-related disease. There was also an emphasis on senior citizens, and particularly the elderly with disabilities.

Discussion of food security issues amongst students. Clinton Davis – I am currently attending at the Northern Nevada Food Bank Conference. One of the people who presented is from the University of Nevada, who shared that their big challenges include health issues and ethnic food requirements.

Maggie McNamara – A few months ago, Nancy mentioned the term Nutrition Insecurity. Since you brought that up, I have been hearing that term more and more. It changes the way people think about what they are eating. Chico State University has fundraisers for students who do not have food. It is really important that they get fed and that there is an awareness that this group also needs help.

Lydia – I’ve been trying to have a Farmers’ Market in Tulelake. I’ve learned that it’s how you say it that can make things happen. I have learned that instead of calling it a Farmers’ Market, to call it a pop-up, due to licensing and marketing. I plan on having a flea market for a few months next year starting in June and have the other section of the park for people who have their own vegetable gardens to sell things from their garden. Nancy – Pop-up markets are the ‘in’ thing here in Redding now. Lydia – Many people do not know where Tulelake is located, gas prices are high and it’s hard to get to Klamath Falls. We don’t have a Dollar General yet, or a good grocery store. Siskiyou County has just raised the food stamps amount for two people from $16/month to $23. The USDA kicks in and brings it to $500/month for a family of two. That’s a great help with rising food and gas costs.

Tiffany – We do provide food for the senior center (The Honker) there in Tulelake. They do not have congregate meal service, but do deliver food to seniors. We also have a Modoc Harvest here. I can provide contact information.

**Mental Health Services Act (MHSA) Report - All**

* Update on Each County’s MHSA Services Activities

Nancy – Can Older Adult Policy Council (OAPC) representatives report on their MHSA-related activities here? Teri – I am the representative that attends the OAPC meetings and can report out on MHSA activities.

Teri – MHSA meetings are quarterly. Shasta just went back to quarterly meetings. Every county has an MHSA Coordinator. If you need help finding out who that person is, please let me know. Mike – Our Adult Services unit frequently advocates on behalf of older adult clients in need of mental health services. Teri – We have a Program Coordinator in Trinity County working with our nutrition program, and would like to connect them to the MHSA Coordinator in Trinity County.

Nancy – New simplified Suicide Hotline number (988) – Reports are that it is being used effectively, because it is simple. This is a national number.

**Food Access Report** – Staci Wadley

* Update on Food Bank and Food Access Activity

White House Conference on Hunger – I heard some highlights about it. We had a needs assessment done on our Food Bank and are reviewing the report and learning how to better serve people.

As was mentioned earlier, college students have a high rate of nutrition deficiencies. Some of the food that is available is not the kind of food we would want to distribute. The Shasta County Food Bank is working on becoming more accessible. Right now, you can’t just walk in. We are looking at how to make it more accessible to distribute food to those who come in.

M/ Nancy Quirus

S/ Staci Wadley

Skip the break.

Approved.

**Director's Report** – Teri Gabriel, Executive Director

* Update on PSA2 Direct Service Senior Nutrition Programs

Trinity Senior Nutrition Program started on September 13th. Served less than ten meals to start and are now serving twenty. We have a long list of participants. Working with Dignity Health Connected Living. We have a Program Coordinator. Four volunteers on board with support for volunteers from Dignity Health. Expecting participating to increase as word got out, we have approval to purchase an additional vehicle to expand services to serve twenty more seniors. Yesterday we went to the center. We delivered the vehicle and conducted a review of the program. Everything is on target and we will continue to visit quarterly to monitor meal delivery and engagement.

Working on the Dine Around Town program in Lassen County. We are working with Health and Human Services and a local restaurant. Meeting with RD to review menus and adjust the restaurant menu to dietary guidelines. At this time, we have a sample menu of breakfast and lunch/dinner items that are close to meeting dietary guidelines. Talking about next steps. Vouchers can be used to dine in-person or have meals delivered. Looking to expand to Westwood, Hurlong, and Doyle.

* Update on Local Master Plan for Aging Efforts

CA for All event (September 20th) – Will provide a link to listen to the recording. Reviewing what has been done in California under the Master Plan for Aging, and seeking recommendations from the committees assigned to address the five goals of the Master Plan for Aging.

We hosted a listening session in Shasta County for the Master Plan for Aging. We connected with individuals referred by Dignity Health Connected Living and Mountain View. We reviewed three areas – housing, healthcare, and transportation. I was excited to be a part of these sessions to learn about the challenges faced by older adults in these areas. In some cases, we have already taken steps to address these challenges. We are trying to schedule another listening session for In-Home Supportive Services Recipients.

* Other Agency Activities

Fall Prevention Program – Waiting on our contract to be executed by the California Department of Aging to start this program again. We work with Everything Medi-Cal to assess the older adult’s home to determine what equipment is needed to prevent falls in the home. The program is now available to everyone 60 and older and no longer income-based.

We are continuing our caregiver book program – sending caregiver books to individuals caring for others in their home.

Working toward an infrastructure funding contract with California Department of Aging – specific to modernizing existing nutrition center equipment in kitchens, dining rooms, as well as vehicles, etc. Our proposal was approved and is going to the board at their next meeting to get the contact approved.

Modoc County – We developed a Modoc County Senior Resource Directory. It is similar to the Shasta and Siskiyou County directories. It lists services available to older adults, including behavioral health, crisis services, dental care, eye care, health and fitness, nutrition services, information and assistance. This is the first time we’ve created this booklet and we’re pleased to have it available. We have tasked our Trinity Program Coordinator to start work on a directory for Trinity, and will do the same for Lassen.

**H. Discussion on FY 22/23 Area Plan Goals & Objectives Activities**

* Quarterly Advisory Council News Brief Update

Debbie – Teri and I got together on Tuesday to finalize the schedule to get the briefs in. Deadline is the second month of the quarter. Teri - Ideas for topics for the news brief is being shared on the screen, and include Fall prevention, Nutrition/Food access, Caregiver support, Importance of going to the eye doctor regularly, Mental Health, Monkeypox, Activities for homebound and active seniors, Elderly care products & equipment, Reassuring blurb on fear vs. independence, Retirement, Senior advocating, Understanding the role of Adult Protective Services (APS), Understanding what In-Home Support Services (IHSS) can offer, Scams. Once we have the language for the topic, we can format it.

For a one-page insert, we can have about three to four topics per news brief, as well as a few sentences about the Advisory Council. Rose, Maggie, and Debbie are on the committee for this project. We will get together before the end of the next quarter.

Teri - Please complete the survey for Pam’s HICAP presentation and mail to 1647 Hartnell Avenue, Suite 8 Redding, CA 96002, fax to 530-223-5292 or email to [psmith@psa2-hicap.org](mailto:psmith@psa2-hicap.org).

**J. Correspondence**

Incoming: Resignation letter from Becky Terwilliger

Outgoing: None

**K. Adjournment**

12:00PM

Next Meeting – Advisory Council Virtual Meeting – Friday, October 28, 2022